

# BAMBOO SILICA

Silica is an essential mineral for our health and is found in many plants, including leafy greens, grasses, and whole grains. Silica is the second most common element found on earth, and the third most abundant trace mineral in our bodies. It acts as an essential building block for skin, hair, nails, and bones. Traditional Chinese herbal medicine has used bamboo extract, which has a high silica content, for centuries to treat skin conditions and promote skin healing.

## ORIGIN

Bamboo silica is made from bamboo, the highest naturally occurring plant-based source of silica. The bamboo is broken down into a pulp, fermented, and then put through a water-extraction process to extract the silica. The result is an easily digestible silica powder.

## USES

Bamboo silica is commonly used as a standalone health supplement for hair, skin, and nails; it is also commonly used as a natural flow agent. Flow agents allow other powders to not stick together and are commonly used in the dietary supplement industry in capsules, drink mixes, protein powders, and more.

## SAFETY

Silica is a necessary trace mineral in our bodies and is safe to consume in moderate amounts.

## ALLERGEN INFORMATION

Bamboo silica does not contain any of the eight major allergens.

## NOTES

<https://www.ncbi.nlm.nih.gov/pubmed/17435951>

<https://www.ncbi.nlm.nih.gov/pubmed/25081495>

<https://www.webmd.com/vitamins/ai/ingredientmono-1096/silicon>



## FOUND IN

ASEA® VIA™ Biome

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